

## Liquid Diets

Clear Liquid Diet	Full Liquid Diet
Broths: chicken, beef or vegetable	Includes all clear liquid items plus the following:
Cranberry Juice	Strained Cream of Tomato Soup
Apple Juice	Strained Oatmeal - Cream of Wheat®
Grape Juice	Orange Juice
Coffee (reg. or decaf)	V-8® Juice - Prune Juice
Hot Tea (reg. or decaf)	Pudding (reg. or sugar-free)
Iced Tea (reg. or decaf)	Ice Cream - Sherbet
Fruit Ice	Plain Yogurt - Vanilla Yogurt
Gelatin (reg. or sugar-free)	Milk - Lactaid® Milk
	Soy Milk - Chocolate Milk

## Visitor Dining St. Vincent Café

The St. Vincent Café is located on the level C of the hospital and features daily hot entrées, a deli, salad and soup bar, dessert, hot and cold drinks, juice, snacks and much more. It's a nice place to take a break and enjoy a healthy meal.

### Café Service Hours Are:

Cafe: 6:30 a.m. - 7:30 p.m.

Coffee Bar: Weekdays 6:30 a.m. - 6:00 p.m.

### Guest Trays

For guests who wish to dine with our patients, guest trays are available for purchase.

Please call 5300 to place your order.



## For Your Information

We are committed to providing you with information about your special diet. If you need your diet explained to you, please inform the room service operator at extension 5545 to contact one of the Inpatient Dietitians.

## For Your Diabetic Diet

If a consistent carbohydrate (diabetic) diet has been ordered for you, the number of carbohydrates that our menu items contain is located in parentheses after each item. The Food and Nutrition Services Department offers a flexible meal planning system called carbohydrate counting. When you call to place your meal order, our room service operators will assist you in choosing a balanced meal according to your prescribed diet.

The following table lists the number of carbohydrates recommended per meal according to your prescribed diet:

**For Women** 3-4 (45-60 gm) carbohydrate choices/meal

**For Men** 4-5 (60-75 gm) carbohydrate choices/meal

If you need further information regarding your diet after you have been discharged, ask your physician for an order to meet with the Outpatient Dietitian.

**For appointments** (physicians's order required): (203) 576-5930

- \* Numbers noted represent the carbohydrate count for the food item.
- \* Some items are limited on certain diets, please ask your server or Dietitian if you have any questions.
- \* Dairy products are limited to 1 serving/day for patients on a RENAL diet.

### The following items are limited on a RENAL diet

**High Sodium Foods:** Salt packets, High Sodium Meats like Ham, Bacon, Shrimp, Pastries, some baked goods.

**High Potassium Foods:** Banana, Oranges, Tomatoes/tomato products, some Protein Foods

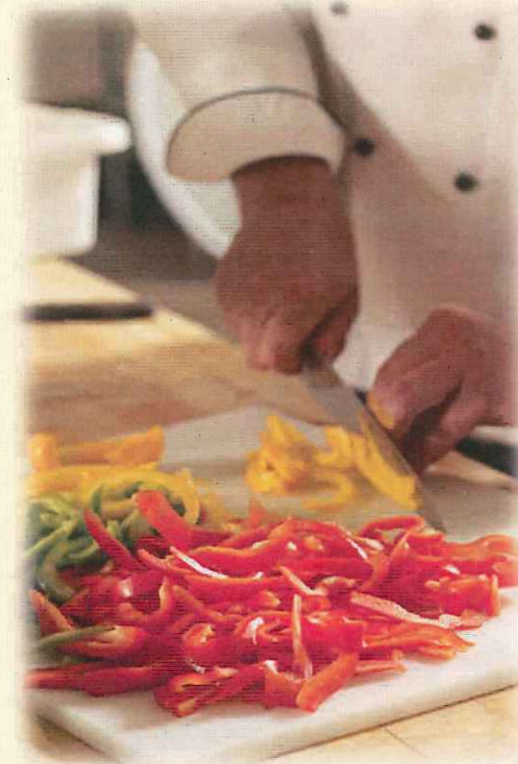
**High Phosphorus Foods:** Dairy Products (cheese, milk), Some Protein Foods, Foods made with dairy products like ice cream and pudding.

### The following items are limited on a Heart Healthy diet

**Saturated Fat:** Some Protein Foods, Butter, Whole Milk, Half and Half, Pastries  
**Cholesterol:** Eggs, Shrimp, Cheese, Butter, Whole Milk, Half and Half  
**Sodium or Salt:** Salt packets, high sodium meats like Ham, Bacon, Shrimp, Some baked goods.

### The following items are limited/counted on a Diabetic, or Consistent Carbohydrate diet

**Sugar and sugary foods:** pastries, desserts, honey, brown sugar  
**Foods that are primarily starch:** breads, pasta, rice, cereals, potatoes  
**High sodium or salt foods:** salt packets, high sodium meats like Ham, Bacon, Shrimp  
**Dairy products:** these contain sugar in the form of lactose  
**High fat foods:** some meats, some dairy products, butter, oils, desserts



To Place Your Request  
Please Dial (5300)

To order outside the hospital dial 203.576.5300  
Your order will arrive within 45 minutes.  
Hours of Service 7:00 am until 7:00 pm

Ask about our daily Chef specials

## Breakfast

### Cereal (1-1.5)

Oatmeal (1.5) Cream of Wheat (1.5) Corn Flakes (1.5)  
Cream of Rice (1.5) Rice Krispies (1.5) Cheerios (1.5)  
Bran Flakes (1.5)

### Breads

White (1) Wheat (1) Rye (2)  
English Muffin (2) Hard Roll (2) Plain Bagel (4)  
Muffins: *Fresh Baked Blueberry, Corn, Bran (1.5)*

### Accompaniments

Butter Margarine Jelly  
Sugar-Free Jelly Cream Cheese Light Cream Cheese  
Peanut Butter (1)

**Cold** Yogurt (1) - Assorted Flavors-Regular or Light  
Berry Parfait (2) - Berries mixed with plain or vanilla yogurt,  
topped with granola

**Hot** Scrambled Eggs - choice of regular Eggs or  
Low Cholesterol Egg Substitute

### Hard Boiled Egg

### Fried Egg

Veggie Frittata - made with Low Cholesterol Eggs

Create Your Own Omelet - choice of Egg Substitute is  
encouraged for heart health\*, choice of Eggs, Egg Substitute,  
Onions, Mushrooms, Bell Peppers, diced Tomatoes,  
Cheddar Cheese, Salsa

French Toast (1.5) - served with regular or Sugar-free Syrup

Buttermilk Pancakes (2) - served with regular or Sugar-free Syrup

Choice of sides: Home Fries, and your choice of Bacon or Sausage

**Fresh Fruit:** Banana \*Limited on a Renal Diet  
Orange \*Limited on a Renal Diet  
Apple (1), Grape (1), Fresh Fruit Cup (1),

**Canned Fruits (packaged in their own juice):** Applesauce,  
Peaches, Pears, Mandarin Oranges, Prunes

### Beverages

**Hot** Regular or Decaffeinated Tea, Regular or Decaffeinated Coffee  
Herbal Hot Tea

**Cold** Juices (1 carb each) - Orange (limited on a Renal Diet),  
Apple, Cranberry Cocktail, Low-Sugar Cranberry, Grape,  
Prune, Tomato (limited on a Renal Diet),  
Low-Sodium Vegetable, Iced Tea

**Dairy** - Milk (0.5): Skim, 2% Reduced Fat, Whole,

Lactose-Free (0.5) (limited on a Renal Diet),

Soy Milk (0.5), Half and Half, Non-Dairy Creamer

**Something Sparkling** - Gingerale (limited on a diabetic diet),

Diet Gingerale, Cola (limited on a diabetic diet), Diet Cola

### Condiments

Sugar (limited on diabetic diet) Splenda Sugar-Substitute,  
Salt (limited on heart healthy & renal diets) Pepper Salt-Free Seasoning

**Extras:** Raisins, Honey (limited on a diabetic diet), Granola, Almonds

## Lunch - Dinner

### Soups (1)

Chicken Noodle (1) Low Sodium Chicken Noodle (1)  
Tomato (limited to Renal diet) (1) Cream of Mushroom (1)  
Clear Broths: Chicken, Beef, Vegetable (1)  
Crackers: Unsalted or Oyster Crackers

### Salads

**Small Garden Salad** - Fresh Mixed Greens and Romaine Lettuce, topped with  
Tomato, Cucumbers and Carrots and Red Cabbage

**Small Caesar Salad** - Romaine Lettuce topped with Parmesan Cheese and Croutons,  
served with Classic Caesar Dressing (\*limited on a Renal and Heart Healthy diet)

### Entrée Salad

**Grilled Chicken Salad** - Chicken Breast grilled to perfection, served on a bed  
of Romaine Lettuce, served with your choice of Raspberry Vinaigrette or Olive Oil  
and Balsamic Vinegar

**Dressings** - Light Raspberry Vinaigrette, Olive Oil and Balsamic Vinegar

**Fresh Fruit Salad (3)** - An assortment of seasonal Fresh Fruit, served with Vanilla or  
Plain Yogurt

**Hummus and Vegetable Crudite (1)** - served with Whole Wheat Pita

### Hot Entrées

**Traditional Pot Roast** - Beef Eye Round braised to perfection in a savory blend of  
celery, carrot, onion, beef stock and burgundy wine. Our Chef recommends roasted  
potatoes and seasoned baby carrots. (2 Carbs)

**Balsamic Glazed Chicken Breast** - Charbroiled and basted with a balsamic  
reduction, comes with steamed white rice and a fresh vegetable medley. (2 Carbs)

**Grilled Pork Chop** - Topped with a flavorful Mango Chutney with your choice of  
mashed potatoes and roasted vegetables. (2.5 Carbs)

**Fish Du Jour** - fillet of mild white fish served on a bed of rice pilaf and sauteed spinach. (2 Carbs)

**Asian Stir Fry** - A savory blend of Wok-Style vegetables with your choice of

chicken, beef, tofu served with white or brown rice. (2 Carbs)

**Pasta and Italian Style Meatballs** - Delicious combination of fresh basil, diced tomatoes,  
garlic and olive oil tossed with pasta, topped with Italian Meatballs and Parmesan Cheese. (4 Carbs)

**Country Meatloaf** - Our Healthy blend of ground turkey, beef and herbs served with  
a choice of mashed potatoes, gravy and seasoned whole green beans. (2 Carbs)

**Slow Roasted Turkey Breast** - Hand carved Turkey with cornbread stuffing or  
smashed potatoes, gravy, and dill carrots. (3 Carbs)

- All starches may be substituted with brown rice.
- You may also substitute any vegetable or starch with you entrée.
- 1/2 portions available
- Kosher meals available

## From the Grill

### The All American Burger (2)

Served plain or with your choice of American, Cheddar or Swiss Cheeses

### Turkey Burger (3)

### Garden Veggie Burger (3)

### Grilled Chicken Sandwich (2)

**Grilled Fish Sandwich (2)** - made with the Fish of the Day

**Grilled Cheese** - with your choice of Cheddar, American or Swiss  
on Wheat or White Bread

**Choice of Sides:** Baked Potato Chips, Cole Slaw

**Accompaniments:** Lettuce, Tomato, Sliced Onion

Mayonnaise, Light Mayonnaise, Ketchup, Mustard, Honey Mustard, Relish  
(Some items may be restricted on your diet)

## From the Deli

**Your Choice of:** Turkey, Ham, Roast Beef, Tuna, Egg or Chicken Salad

**Add Cheese:** American, Cheddar, Swiss

**Breads (1 carb per slice):** Wheat, White, Rye, Hard Roll, Croissant, Wrap (Spinach, Whole  
Wheat or White)

**Accompaniments:** Lettuce, Tomato, Sliced Onion, Dill Pickle Spear  
Mayonnaise, Light Mayonnaise, Ketchup, Mustard, Honey Mustard, Relish  
(Some items may be restricted on your diet)

## Something Sweet

### Seasonal Fresh Fruit (1)

### Chef's Choice Dessert of the Day

**Your choice of:** Pudding, Ice Cream/Sherbet, Cookies, Gelatins,  
and other Chilled Fruits

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